

2005

wellness

Celebrate the Holidays—Responsibly

“Enjoy your festivities, but be responsible,” says Michael Hegarty, Deputy Director of the Arizona Governor’s Office of Highway Safety (GOHS).

Eight years ago, state employee Alexis Gordon encountered someone who decided to be irresponsible with regard to drinking and driving. Heading south on Price Road in Scottsdale on their way home from dinner one cool autumn night, Gordon and her husband noticed a car coming at them head-on. “I looked up and saw headlights. I thought—oh my goodness!” she exclaims.

Thankfully, her husband Jon was able to turn the car so that it was hit near the driver’s side front tire, rather than head-on. Their 1990 Toyota Celica was totaled, but the couple walked away without a scratch.

“We were very lucky because we were completely unscathed,” Gordon adds. Unfortunately, not all victims of drunk driving are that lucky. National statistics from the Mothers Against Drunk Driving (MADD) Web site indicate that someone dies about every 30 minutes in an alcohol-related crash, accounting for nearly 17,000 deaths annually. A half a million others are injured each year.

Having a plan

According to Chuck Heeman, MADD executive director for the state of Arizona chapter, the solution to this problem is the same as it’s always been—to think ahead.

“If you know you’re going to go out and you know you’re going to drink, enjoy it—but know that when it’s time to go home, you have a plan,” Heeman says.

Having a plan could simply mean calling a cab at the end of the night. But how much an individual intends to drink should also be part of this plan. The national illegal drunk driving level is .08 percent blood alcohol concentration (BAC), but there is much to consider—such as gender, weight and tolerance for example—when it comes to how much is too much.

Something else to keep in mind is that just because a person thinks they are only slightly drunk or “buzzed” does not mean they are OK to drive. Their ability to judge has still been impacted.

“If you’re impaired to the point of being buzzed, you’re impaired!” says Hegarty. “You should NOT be behind the wheel because the impairment has already started by that point.”

Some strategies for party hosting include making sure there is plenty of food for folks to eat while drinking, keeping an eye on guests to make sure they’re not getting out of control, paying attention to serving sizes, and being assertive by taking keys away and offering a bed for the night if necessary.

A ‘dangerous time of year’

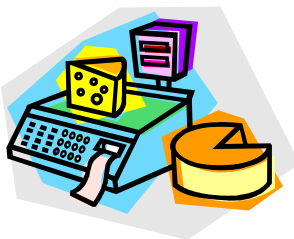
According to MADD, alcohol-related traffic fatalities have actually decreased by 44 percent nationally since 1980, but GOHS figures indicate that more than 400 victims were killed in alcohol-related crashes in Arizona last year (that’s 38 percent of all crash fatalities in the state).

-continued on page 3



On-Going Wellness Events**Weight Watchers®
at Work**

This program is presented as a 10-week series. All non-University employees are eligible to join an “at work” program for \$59.00. Spouses and retirees can attend worksite programs for \$90 plus \$10 for materials. Call Weight Watchers to learn about scheduled events: 602-248-0303, speak to an “at work” representative.

**Massage Therapy**

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite. Also, check the Wellness website for events scheduled in your county.

Most events you see posted, plus many others can be hosted at individual worksites across Arizona. If you are interested in having a Wellness event at your worksite, visit the Wellness website to learn [“How To Request and Schedule Worksite Events”](#) or call 602-771-9355.

**Flu Shots 2005**

The State Flu Shot Program will resume in the month of December. When clinics are rescheduled, they will be posted on the website.



Please visit the Wellness website weekly for the most up-to-date worksite flu shot schedule and eligibility rules.

Flu Q & A***Is December too late to get a flu shot?***

No! A flu shot in December will still protect you against the flu.

According to the Centers for Disease Control, October and November are the best months to be vaccinated, but a flu shot in December also is worthwhile. Flu season can begin as early as October and can last into May.

You can still benefit from getting a flu shot after November, even if there's an influenza outbreak in your community. It takes about two weeks to develop protective immunity after the shot.

Why have there been shortages or delays in the influenza vaccine supply during three of the last five influenza seasons?

Influenza viruses change from year to year, so influenza vaccines must be updated each year to include the viruses that will most likely circulate in the upcoming season. There is a very tight timeline for selecting the influenza vaccine virus strains, preparing the vaccine, manufacturing, and distributing the vaccine.

Due to the time constraints, any problems encountered during the process may cause shortages or delays. In addition to that, the number of companies that manufacture influenza vaccine for the U.S. is small so problems with production for any company can have substantial impact on supply.

Source: Centers for Disease Control
www.cdc.gov

-Celebrate, continued from page 1

"People need to remember that drunk driving doesn't just affect them—it affects everyone!" reminds Heeman. "This is especially true if someone gets injured or killed. If you get in a crash, chances are you're hitting someone. Families on both sides will be affected."

In Arizona, DUI (Driving Under the Influence) Task Forces will be out from Thanksgiving to New Years' Day, and last year 2,500 arrests were made from the task forces alone, according to GOHS.

"This can be a dangerous time of year," Hegarty says. "That's because there may be a lot of people on the road who've been drinking who normally wouldn't be."

"Still, the best defense against an impaired driver is your seatbelt," he adds. "It only takes three seconds to put on, but it's a simple act you can do as soon as you get in the car."

Gordon is thankful that she and her husband were both wearing seatbelts on the night of their accident. She is also thankful for all those who came to their aid.

"There was a lot of kindness that night," Gordon says.

Hosting a holiday party this year? Visit www.oceanspray.com for some festive non-alcoholic cocktail recipes (click on "menus" and "holiday cocktail party").

There are also some "mocktails" printed on the opposite column.

For more information on highway safety in Arizona during the holidays and throughout the year, visit www.azgohs.gov.

-Jeri Penrose

ADOA Communications Coordinator

jeri.penrose@azdoa.gov

Mocktails for the Holidays

I'll Fake Manhattan

- 1 1/2 oz 100% Cranberry Juice
- 1 1/2 oz 100% Orange juice
- 2 dashes of Orange Bitters
- Dash of Grenadine
- Dash of Lemon juice



Directions:

- 1) Stir over ice
- 2) Serve in a chilled cocktail glass

Virgin Bloody Mary

- 1 cup 100% vegetable juice cocktail (use low sodium if you are watching salt)
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon prepared horseradish
- 1/4 teaspoon Tabasco sauce, or to taste
- 2 celery ribs with leaves, washed
- Fresh ground pepper

Directions:

- 1) Combine ingredients except celery and pepper.
- 2) Fill tall glasses with ice, pour over the ice.
- 3) Garnish with the celery and sprinkle generously with pepper. Serve at once

Cranberry Bomber

- 4 oz 100% Cranberry juice
- 1/2 oz 100% Orange juice
- 2 tbsp Grenadine
- 1 tsp Honey

Directions:

- 1) Pour ingredients over ice
- 2) Fill with cola
- 3) Stir
- 4) Add honey
- 5) Garnish with lemon

Enjoy and have a safe holiday season!

Tai Chi Wednesdays begins again in January

Want to start off the new year right? Join Jesse Tsao for 8 weeks of Tai Chi.

Practiced as a system of exercises, Tai Chi is an ancient Chinese discipline of meditative movements. This class, taught in the traditional format, can help reduce stress while increasing flexibility and vitality.



Phoenix— 8 Wednesdays: January 11-March 1, 2006 Dept. of Health Services 1740 W. Adams Exercise Room Noon-1:00pm (Beginner Class) or 1:00pm-2:00pm (Intermediate Class)

Phoenix— 8 Wednesdays: January 11-March 1, 2006 2:15pm-3:15pm Arizona Supreme Court 1501 W. Washington Exercise Room (Intermediate/Advanced)

This class has a \$40 copay and all classes are open to State employees and eligible retirees. Please email wellness@azdoa.gov to register!

Healthy Aging

Myth: Health inevitably declines as we get older.

Reality: People at any age can improve their health by adopting healthy behaviors. Research has shown that healthy lifestyles have a greater impact than genetic factors on our health as we age. People who are physically active, eat a healthy diet, do not use tobacco, and practice other healthy behaviors reduce their risk for chronic diseases and have half the rate of disability of those who do not.

Source: "Healthy Aging: Preventing Disease and Improving Quality of Life Among Older Americans, At a Glance 2005," Centers for Disease Control and Prevention, www.cdc.gov

Open Classes in Phoenix

These free classes are open
to all State employees



At Your Desk Exercises
Thursday, December 1, 2005
9:00am-10:00am

Participants will learn the benefits of taking stretch breaks and practice a variety of stretches that can be done at the workplace.

Laughter is Good Medicine
Tuesday, December 6, 2005
2:00pm-3:00pm

This session takes a look at how laughter, humor and lightheartedness play a medical role in our overall wellbeing.

Both classes will be held at:

Dept. of Education
1535 W. Jefferson
Room 417

Register for either class by visiting the DOE event calendar :

<http://intranet/adminservices/calendar/>
or email :

Administrative.Services@azed.gov

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